

10 Strategies to Increase Your Energy, Get  
Off the Diet Roller Coaster, and Take  
Charge of Your Health . . . **NOW!**



You're **trying** to climb out of the energy zap that's been plaguing you for years. You're **trying** to lose weight.

You **feel** you are doing everything right **BUT** the **weight is not coming off, the energy is still lagging.** *What gives?*

Before you give up and head for the closest pastry shop, **HOLD ON!!**

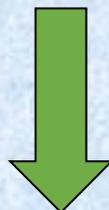
We are going to **share our secrets** that have helped hundreds of clients fix their **broken metabolisms** and get their **weight and their health back on track.**

**Ready to get started?**

In our combined 35 years of experience

**WE HAVE LEARNED WHAT WORKS!**

The following **effective strategies** will get you off the diet rollercoaster and on the way to upgrading your health.

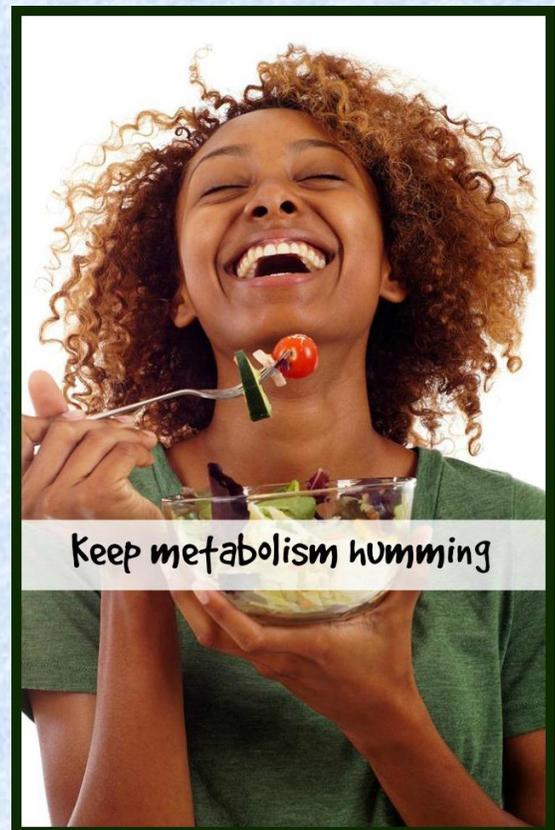


## 1. DITCH THE DIET FOODS!

- **That's RIGHT! Forget low fat, low calorie foods!** That means no reduced fat peanut butter, low calorie butter spreads, diet drinks, fat and sugar free puddings, skim milk, or 100 calorie snack packs.
- We consider all these foods processed – and they only leave you wanting for more. Low-cal, sugar free, fat free, low fat, etc. makes the *assumption* that these are healthier choices.
- But by choosing the fat free or sugar free alternatives, you often get a product that is not only less satisfying, but **worse for you** (laden with sugar, [artificial sweeteners](#), chemicals and preservatives).

## 2. EAT THREE SQUARE

- Eating regular meals, starting with breakfast, is the best way to jumpstart your metabolism and keep it humming. Click [here](#) for one of our favorite breakfast recipes.
- A metabolic slowdown kicks in whenever you drastically cut back on the amount of food you eat. Too few calories = more fat storage.
- Need a snack? Go for it! But only if you need one. There is no research to support that weight loss or energy is improved with 5-6 mini-meals vs three square. Listen to your own body to feel what's right for YOU.



### 3. HAVE PROTEIN WITH ALMOST EVERY MEAL/SNACK

- Eating protein boosts your metabolism more than carbs or fats, and helps you maintain and build muscle mass.
- Good sources of protein include organic lean meats, turkey, chicken breast, fish, beans, nuts/seeds, organic grass-fed dairy (if you tolerate it).
- Breakfast protein can be eggs, nuts/seeds and fruit, quality protein powder in a yummy [smoothie](#), or even a leftover turkey or salmon burger.



### 4. CLEAN UP YOUR CARBS

- Carbohydrates are not the enemy! The key is to limit your intake of *processed* carbs including [high sugar foods](#) and white flour products such as white bread and bagels, donuts, cookies, cakes, and sugary cereals.
- Increase carbs from *unrefined*, wholesome sources such as veggies, fruits, beans, and small amounts of whole grains.
- Your very best carb friends are veggies and fruit. Most Americans fall short at 1-3 servings, well below the 8-10 recommended daily servings (6-7 veggies, 2-4 fruits). Filling your quota is not as hard as it sounds. One

serving of vegetable is ½ cup (leafy greens = 1 cup); a small piece of fruit or ½ cup diced fruit equals one fruit serving. We have a wonderful blog post about the amazing benefits of fruits and veggies [HERE](#), plus great tips for how to increase them in your daily meals/snacks.

## 5. EAT ENOUGH HEALTHY FATS

- Healthy fats help you fill you up, increase taste and satisfaction, aid in absorption of vitamins, and actually enhance weight loss.
- Include avocados, olive and coconut oil, nuts/seeds, natural nut butters, flax, chia and hemp seeds, and fatty fish; even grass-fed butter if you tolerate dairy, as well as delicious [ghee](#).
- Keep in mind, [cravings](#) can be greatly reduced with balanced meals of lean protein, healthy fats, and wholesome carbs.



## 6. AIM FOR 25-35 GRAMS OF FIBER PER DAY

- A fiber-rich diet helps promote fullness AND protects against heart disease, stroke, diabetes, some types of cancer, diverticulosis and constipation. Most Americans get less than ½ the fiber they need per day.
- Get your fiber from vegetables, fruits, beans, and small amounts of whole grains such as brown rice, oatmeal and quinoa (NOT from pills or [bars](#)).
- Most foods with added fiber (think Fiber One bars and cereals, yogurt with added fiber, etc) have added sugars, artificial sweeteners, food dyes and fillers, and will be lacking in the vitamins, minerals, and antioxidants that whole fresh fiber sources contain.

## 7. SNACK SMART

- If you are hungry between meals, snacks are a great way to fill in any nutritional gaps that may be lacking. They can also prevent dangerous overeating that can occur if you wait too long to eat a meal.
- Nix the pretzels, chips, granola bars, and cookies and go for real whole foods. A snack can be as simple as a piece of fruit, a handful of nuts or even a mini-meal, such as a bowl of bean soup, veggies and hummus, or turkey and avocado rolled into Romaine lettuce.



## 8. DON'T DISCOUNT THE WEEKEND

- Most people underestimate how much they actually eat on Saturdays and Sundays. It's easy to overindulge, thinking you will just go back to savvy strategies during the week.
- If you are serious, keeping a handle on food and drink intake is important seven days a week.
- If you do indulge, choose something you love, eat slowly, and enjoy every bite.

## 9. EAT SLOWLY AND MINDFULLY

- The pleasures of eating get lost when we don't pay attention. This is known as "mindless eating," which can leave you feeling unsatisfied with your food, and more importantly, may lead to overeating and obesity.
- Choose food that will satisfy both body and mind. Satisfaction comes not just from having food in your belly, but from really enjoying the taste of your food. Get those mouth-watering healthy recipes flowing!
- It takes about 20 minutes for your brain to register that your stomach is actually full. Just think about the excess food you can consume in a 20-minute time period! So breathe, [take your time](#), and [chew](#) thoroughly.



## 10. BE POSITIVE!

- PLEASE don't approach this with a diet mentality. You are changing your eating habits for health, weight control, vitality and quality of life. Feeding your body nutritious food is truly a gift you can give yourself!
- Find recipes you absolutely LOVE! Healthy eating does not have to be boring or bland. In fact, it's the opposite. Get a sample of what we are talking about by downloading our [Quick and Easy Meals](#).



We value your feedback. Let us know which tips “hit home” with you by emailing us at [admin@nourishinggurus.com](mailto:admin@nourishinggurus.com) OR posting your comments on our [facebook](https://www.facebook.com/NourishingGurus) page: [www.facebook.com/NourishingGurus](https://www.facebook.com/NourishingGurus)

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